

# Nebraska: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Nebraska in 1996, accounting for 6,649 deaths, or 43% of all deaths.
- Rates of death due to cardiovascular diseases were 76% higher among American Indians/Alaska Natives than among whites.
- Ischemic heart disease accounted for 2,867 deaths, or 19% of all deaths.
- Stroke was the cause of 1,140 deaths.

## Cancer

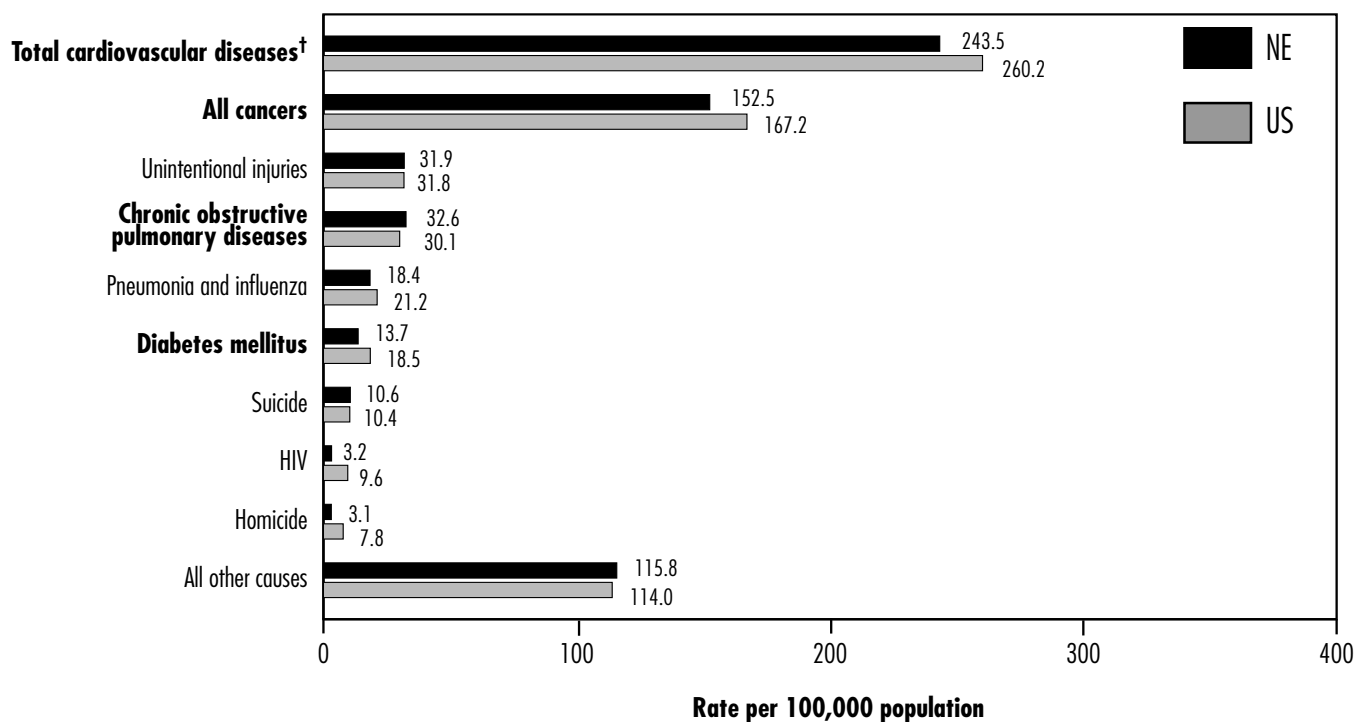
- Cancer accounted for 21% of all deaths in Nebraska in 1996.

- The American Cancer Society estimates that 7,400 new cases of cancer will be diagnosed in Nebraska in 1999, including 1,000 new cases of lung cancer, 1,000 new cases of colorectal cancer, 1,100 new cases of prostate cancer, and 1,000 new cases of breast cancer in women.
- The American Cancer Society estimates that 3,400 Nebraska residents will die of cancer in 1999.

## Diabetes

- In 1996, 55,288 adults in Nebraska had diagnosed diabetes.
- Diabetes was the underlying cause of 333 deaths and a contributing cause of an additional 936 deaths.

## Causes of Death, Nebraska Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (109.3 per 100,000 in Nebraska and 131.0 per 100,000 in the United States) and rates of death due to stroke (39.5 per 100,000 in Nebraska and 42.0 per 100,000 in the United States).

# Nebraska: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, 34% of Hispanics, 32% of blacks, and 21% of whites in Nebraska reported current cigarette smoking.
- No leisure-time physical activity was reported by 31% of blacks, 31% of Hispanics, and 26% of whites.
- Eating fewer than five servings of fruits and vegetables per day was reported by 87% of men and 78% of women.
- According to self-reported height and weight, 78% of blacks, 62% of Hispanics, and 54% of whites were overweight.

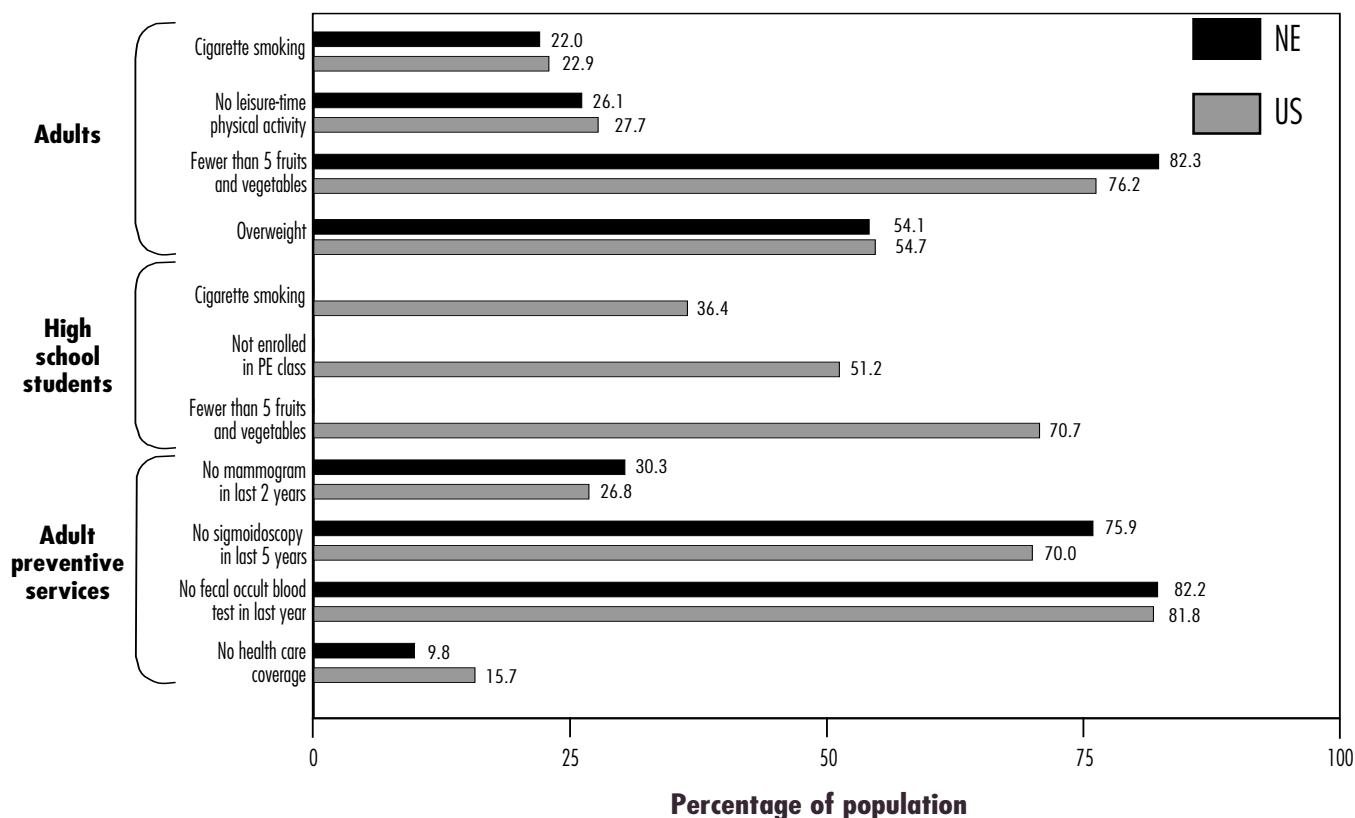
## Risk Factors Among High School Students

The 1997 YRBSS was not conducted in Nebraska.

## Preventive Services

- Nebraska had the sixth highest percentage of women aged 50 years or older who reported not having had a mammogram within the last 2 years.
- Of all states, Nebraska had the fifth highest percentage of adults aged 50 years or older who reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 83% of whites and 76% of blacks reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, Hispanics were about two times as likely as whites or blacks to report no health care coverage.

## Risk Factors and Preventive Services, Nebraska Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.